YOUR BLOOD?

I have noticed many of the people who come to me for advice are not in the best of health. Some are tired, others are sick, but all have a common complaint—their blood is not good. This is a serious matter, for the blood is the life of the body. It carries oxygen to the tissues, and brings back carbon dioxide for elimination.

The blood should be bright red, and the pulse should be regular. If it is not, the body is not in good condition, and something should be done to improve it.

Medical authorities state that nearly nine-tenths of the cases of stomach trouble, indigestion, sour stomach, and dyspepsia are caused by bad blood. The blood is the medium through which the body's functions are carried on. If it is not pure, the body will not function properly.

Acids in the stomach cause indigestion. Medical authorities state that the stomach is the most acid in the body. It is here that food is broken down into its simplest form, and absorbed by the blood. If the stomach is too acid, the food is not properly digested, and the blood becomes contaminated.

ACIDS IN STOMACH CAUSE INDIGESTION

In order to prevent the formation of acids in the stomach, it is necessary to take a bitter tonic, such as Oregon Grape, or a bitter tablet, such as Nux Vomica, before meals. This will help to neutralize the acid, and prevent the formation of indigestible food.

Remember, the blood is the life of the body, and if it is not pure, the body will not function properly. Take care of your blood, and you will take care of your health.